

GROWING TOGETHER LEVENSCHULME



It has been beautiful weeks of so much harvest at the garden

The months of summer have been very joyful for our participants.

We harvested our favourite vegetables, such as onions, tomatoes, potatoes, courgettes and garlic.

Almost every session we managed to distribute the harvests to about 60 participants each week.

Meantime we used the remaining in the Tuesday lunch.



Calendula Flower Moisturizer 🌻

Sharing a little magic with the calendula flower we planted in the garden this year? Our recipe is simple, natural, and packed with skin-loving goodness:

- 1 cup of our garden-grown calendula flowers 🌻
- 1 cup of nourishing oil (olive, almond, or jojoba—something for every skin type!)
- A touch of beeswax and shea butter for that creamy, spreadable texture
- Optional essential oil for a soothing scent!

The Process:

- 1- Dry the calendula flowers
- 2- Add calendula flowers to a jar, cover with oil, seal, and let sit for 2-4 weeks. Shake occasionally, then strain.
- 3- Melt & Mix: Gently heat the infused oil with organic coconut oil
- 4- Cool & Store: Pour into a clean jar, cool, and store in a cool spot for up to 6 months.

Every participant will receive their own little jar of this handmade, garden-inspired goodness to take home!



GTL summer trip in Buxton

This summer, Growing Together Levenshulme (GTL) organized an enriching day trip to Buxton, bringing together around 85 participants to celebrate community and discovery. Under clear skies, we gathered at the Pavilion Gardens where we enjoyed a delicious lunch prepared by two participants.

Afterward, we split into smaller groups to explore Buxton's charm in different ways. Some delved into the town's fascinating history, while others set off toward the nearby countryside and woodland, reaching Corbar Cross for stunning valley views. Our dedicated volunteers guided each group, ensuring everyone felt supported and connected.

Narges, one of our participants who attended with her children, expressed her joy: "Our kids really loved it! They're already asking about next summer's trip with GTL." She appreciated how these outings benefit families: "It's wonderful that families can join in. The transportation is covered, and we get to spend quality time together."

This trip beautifully exemplified GTL's mission of blending nature, community, and learning, and we look forward to more shared adventures that bring us closer together!